


Ellington Senior Center Calendar September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		EMAT APPTS HVCC Transit Podiatry Clinic 9:00am Ellington Singers 10:00am Shuffleboard 2:00pm Big Y	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm	EMAT APPTS Mahjongg 10:00am SAT – 9/4/10 Setback @ 7:00pm
6	7	8	9	10
Senior Center closed in observance of Labor Day	EMAT APPT Bridge 9:00am Bocce Ball 10:30am Dominos 1:00pm Tours of Distinction 6:30pm (Billiard Room) Setback 7:00pm “Out To Lunch” Royal Buffet Restaurant, Manchester 1pm	EMAT APPTS HVCC Transit Ellington Singers 10:00am Shuffleboard 2:00pm Stop & Shop	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm Better Age Club 1:00pm Relaxation and Renewal 7pm	EMAT APPTS Mahjongg 10:00am SAT – 9/11/10 Setback @ 7:00 p.m.
13	14	15	16	17
EMAT APPTS Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Musical Insights 6:00pm Stop & Shop	EMAT APPTS Bridge 9:00am Bocce Ball 10:30am ACTIVE Exercise 11:15am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm	EMAT APPTS HVCC Transit Ellington Singers 10:00am Shuffleboard 2:00pm Big Y	EMAT APPTS Sew & So/Crafts 9:30am ACTIVE Exercise 11:15am Canasta 1:00pm Memory & Creative 1:00pm Writing	EMAT APPTS Mahjongg 10:00am Parkinson Support Group 10:00am SAT – 9/18/10 Setback @ 7:00 p.m.

20	21	22	23	24		
EMAT APPTS Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Stop & Shop	EMAT APPTS Bridge 9:00am Bocce Ball 10:30am ACTIVE Exercise 11:15am Dominos 1:00pm Setback 7:00pm Big Y/Walmart	EMAT APPTS HVCC Transit Ellington Singers 10:00am Shuffle Board 2:00pm Big Y	EMAT APPTS Sew & So/Crafts 9:30am ACTIVE Exercise 11:15am Canasta 1:00pm Better Age Club 1:00pm Veterans Aid & Assistance Benefit 7pm	EMAT APPTS Mahjongg 10:00am SAT – 9/25/10 Setback @ 7:00 p.m.		
27	28	29	30			
EMAT APPTS Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Musical Insights 6:00pm Stop & Shop	EMAT APPT Bridge 9:00am Bocce Ball 10:30am ACTIVE Exercise 11:15am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm Movie Time “It Runs in the Family” Kirk & Michael Douglas 1pm	EMAT APPTS HVCC Transit Ellington Singers 10:00am Shuffle Board 2:00pm Medicare For New Enrollees (Billiard Room) 2:30pm Big Y	EMAT APPTS Sew & So/Crafts 9:30am ACTIVE Exercise 11:15am Canasta 1:00pm	 Happy Anniversary to Alice & Manny Teixeira 9/9		
Upcoming Activities		Monthly Features				
Fall Dental Screening: 10/7/10 & 10/13/10 -1pm Volunteers Meeting: 10/12/10 – 2pm Ballroom Dance/Polka Resumes – 10/15/10 Line Dancing Resumes: 10/18/10 Emergency Call System Program – 10/19/10 – Everbridge System – Lunch & Learn – 12:30pm Medicare Part D Program – 10/26/10- 9am <u>Evenings</u> Cards: Setback – Tuesday & Saturdays’ – 7pm		Ballroom/Polka Social – Fri: Ballroom 1pm beginners; 1:30pm regular: Polka 2:30pm Better Age Club – Meetings 2 nd & 4 th Tuesday of month 1pm Blood Pressure Clinic/Diabetic Screen – 2 nd & 4 th Tuesday of the month 1:30pm Bridge – Tuesday 9am Canasta – Thursdays’ 1pm Dominos – 1 st and 3 rd Tuesday of month 1pm Exercise Classes – Mondays’ 9am Line Dancing – Monday 1pm beginners; 1:30pm regular MahJongg – Friday 10am Memory & Creative Writing – 3 rd Thursday of month 1pm Movie Time – 4 th Tuesday of month 1pm Musical Insights – 2 nd & 4 th Monday of the month 6pm Out To Lunch – 1 st Tuesday of the month 1pm Parkinson Support Group – 3 rd Thursday of the month 10:30am Podiatry Clinic – First Wednesday of the month 9am Sew & So/Crafts – Thursdays 9:30am Shuffleboard – Wednesdays 2pm Tai Chi – Mondays 10:30am beginners; 11:30am advance Anna L. Turner, MSW - Elderly Outreach Social Worker			Transportation Line (860) 870-3137 Hours: 9am – 12pm *Note: Schedule subject to change without prior notice	

